

Eagle Ridge Statement for breakfast and lunch:

Eagle Ridge School promotes **student wellness**, including good **nutrition**. Students are offered nutritious food and beverage choices during the school day that are consistent with nutrition standards put forth by the **Illinois State Board of Education**. Students or their families may bring food and beverage to supplement the food and beverage choices offered at lunchtime but the district encourages students to take advantage of the offerings at school. Breakfast and lunch that is being brought from home should be focused on good nutrition. **Caffeinated drinks along with sugary food / candies, and family size bags of chips are highly discouraged.**

Eagle Ridge School is required to maintain food standards - ensuring proper good nutrition choices are available to students. Food and beverage not meeting the specified *Food Services* standards (Board policy 4:120) will not be promoted to students as a nutritious food choice. All students are provided a “free” breakfast and lunch daily that meet the necessary nutritional guidelines the district must comply with.

Eagle Ridge School will maintain this expectation in the cafeteria area at lunchtime, disallowing students from exchanging food and bringing excessive food to share with other students. Food brought from home is encouraged to meet **nutritional standards** and **portion sizes**. Snacks from home should be an appropriate portion size and are not to be shared. We encourage families to not send sugary snacks with their children.

Eagle Ridge School **will not** accept 3rd party couriers to deliver food to students, including but not limited to: GrubHub, UberEats, DoorDash, etc. Eagle Ridge School will refuse any food and beverage delivery service to a student. Not only is this a distraction in our breakfast and lunchroom area but it also creates a non balanced breakfast / lunch.

It is our goal to make sure all students are fed with balanced nutrition. We ask that all parents help support our goal for the success and health of all children.

Thank you for your support,

Mr. Eric Lawson	District Superintendent
Mr. Ted Trueblood	Building Principal
Mrs. Sandy Dau	Cafeteria Manager

